

# Beef and 'Noodle Casserole

**Makes:** 6 Servings

This is a delicious way to use ground beef. You can also use ground beef in patties or in mixed dishes with vegetables.

## Ingredients

**1/2 pound** egg noodles (uncooked)  
nonstick cooking spray  
**1 pound** ground beef  
**1 can** low-sodium diced tomatoes (drained, about 15 ounces)  
**3/4 cup** light sour cream  
**1 teaspoon** dried basil (if you like)  
**3/4 cup** low-fat cheddar (or mozzarella cheese)

## Directions

1. Preheat oven to 350 degrees F.
2. Cook noodles according to directions on package. Drain and set aside.
3. In a large skillet coated with nonstick cooking spray, cook ground beef on medium-high heat until the beef is browned. Drain.
4. Add tomatoes and sour cream. If using basil, add that too and stir well.
5. Cover on low heat for about 10 minutes.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>310</b> |               |
| Total Fat             | 14 g       |               |
| Protein               | 24 g       |               |
| Carbohydrates         | 22 g       |               |
| Dietary Fiber         | 2 g        |               |
| Saturated Fat         | 7 g        |               |
| Sodium                | 102 mg     |               |

6. Place noodles into casserole or baking dish; add beef and tomato mixture and mix well to coat.
7. Sprinkle with cheese.
8. Bake for 30 minutes or until cheese is melted.